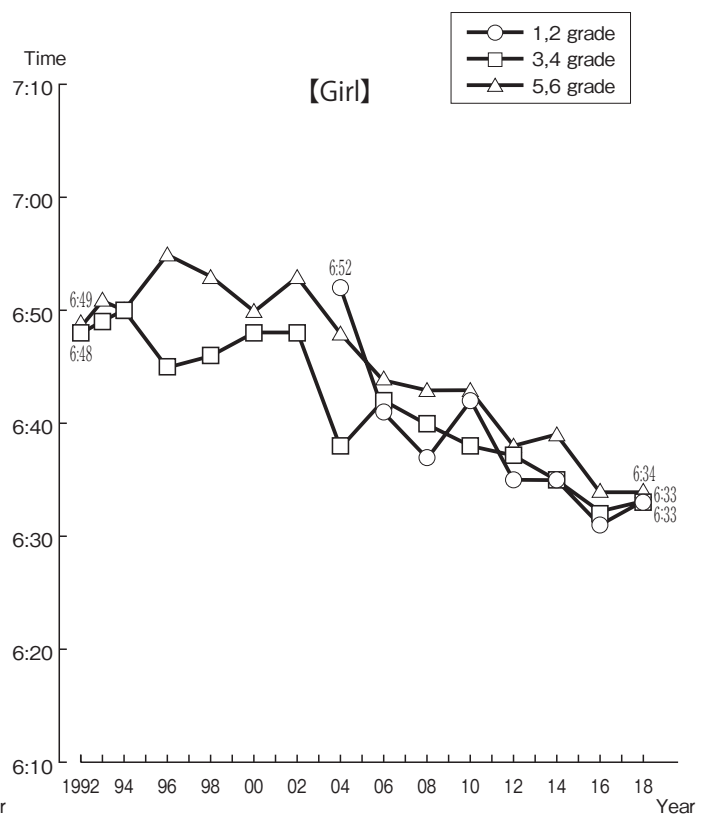
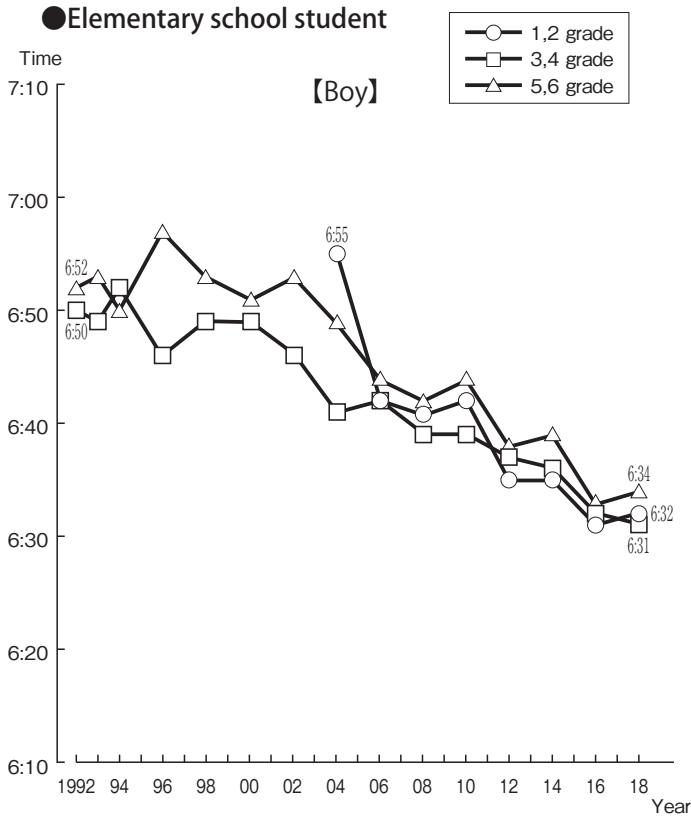
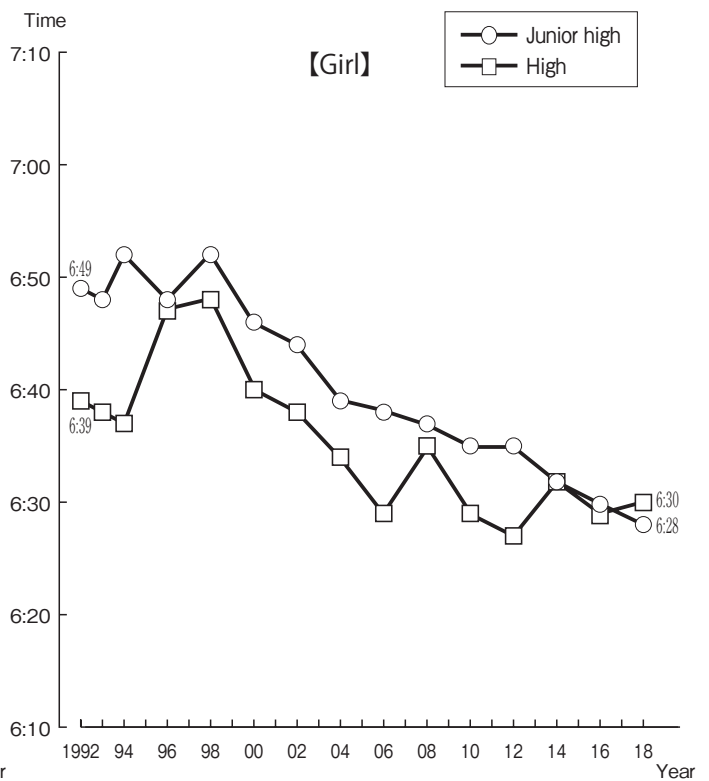
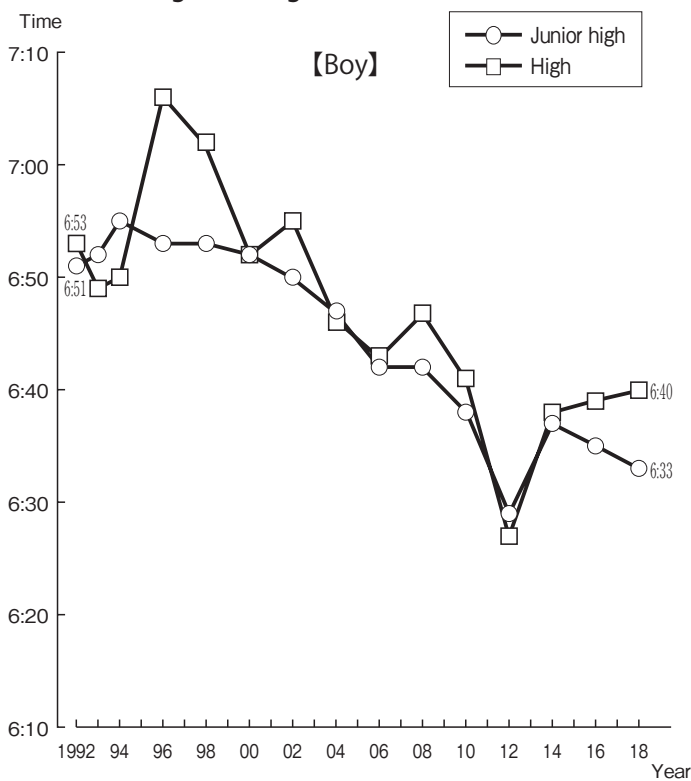


1 Sleeping Conditions

● Elementary school student



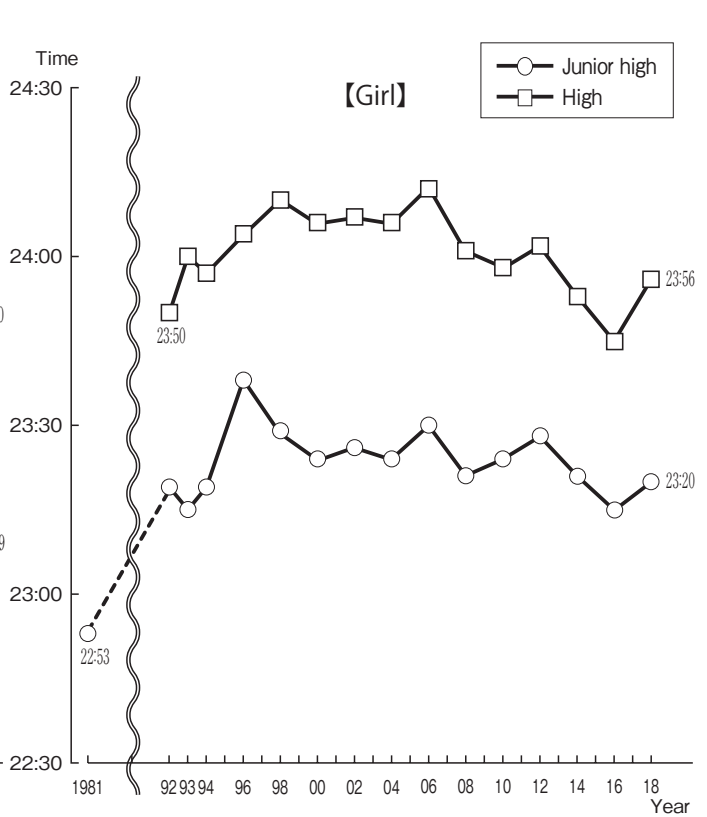
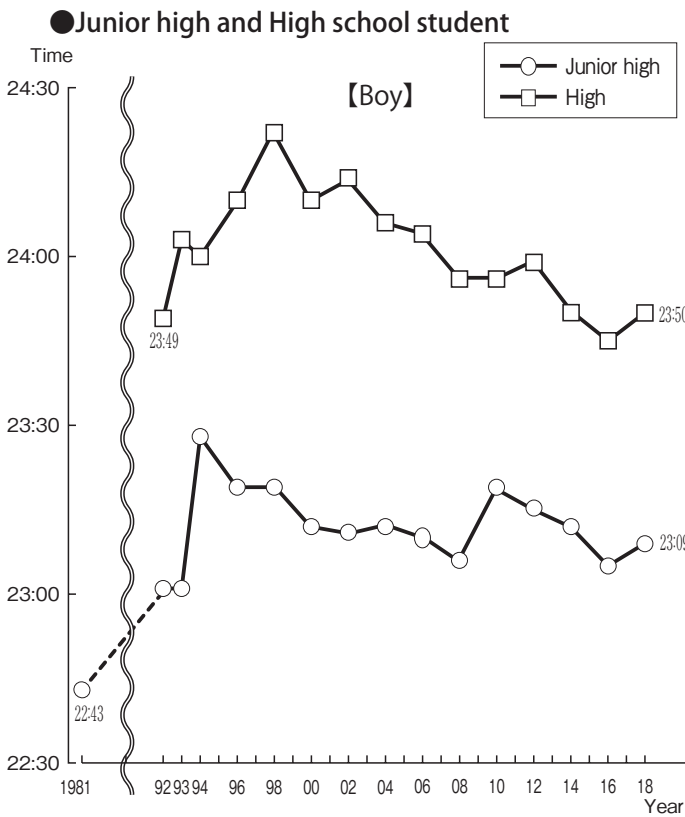
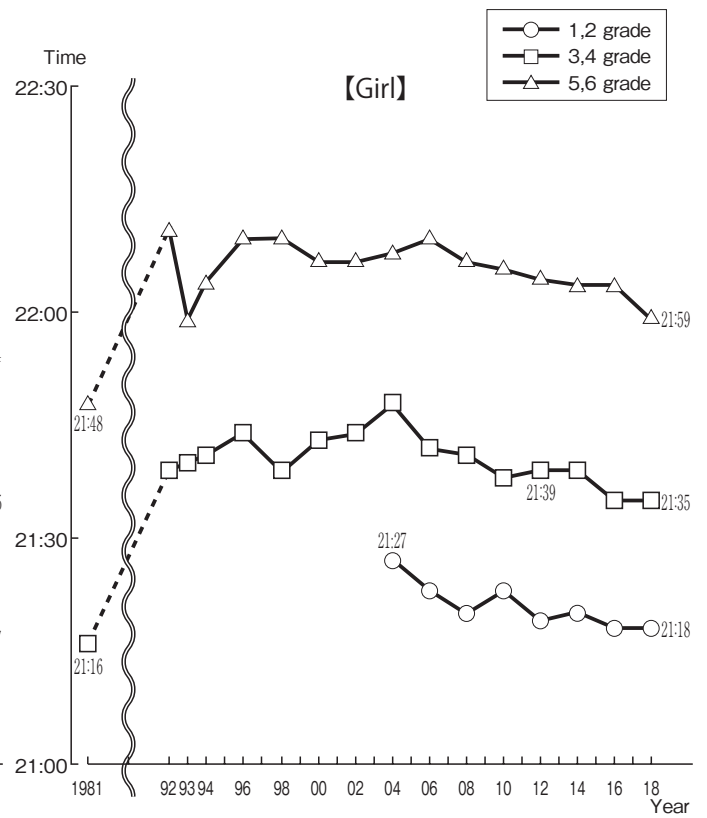
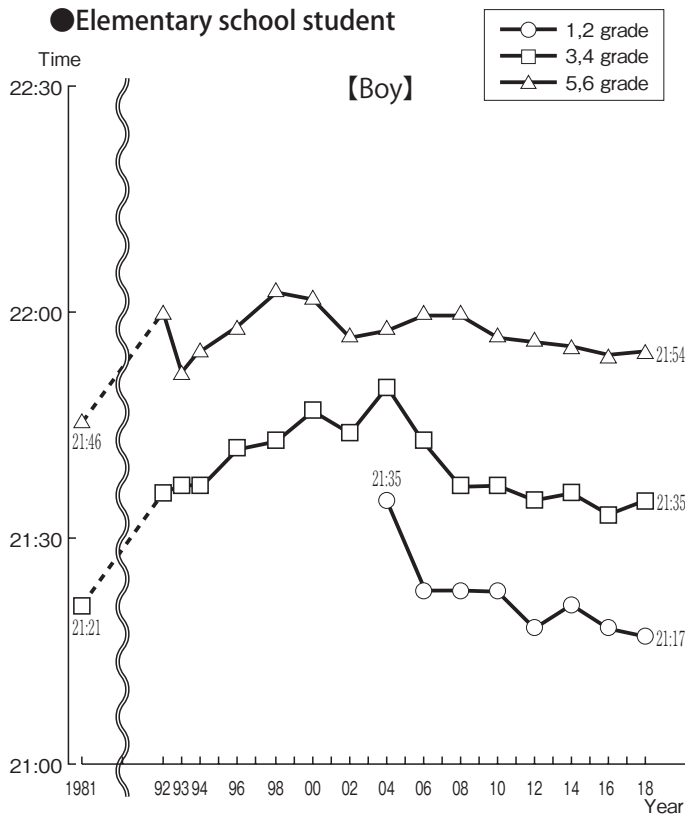
● Junior high and High school student



▲ 1-1 : Trends in wake-up times

(from the enterprise report on health status surveillance among children by the Japan Society of School Health)

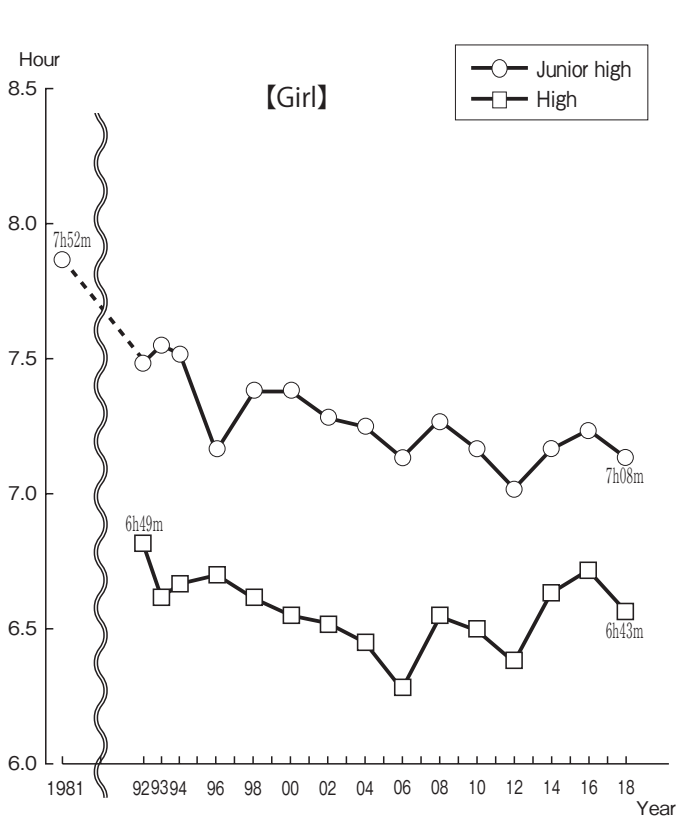
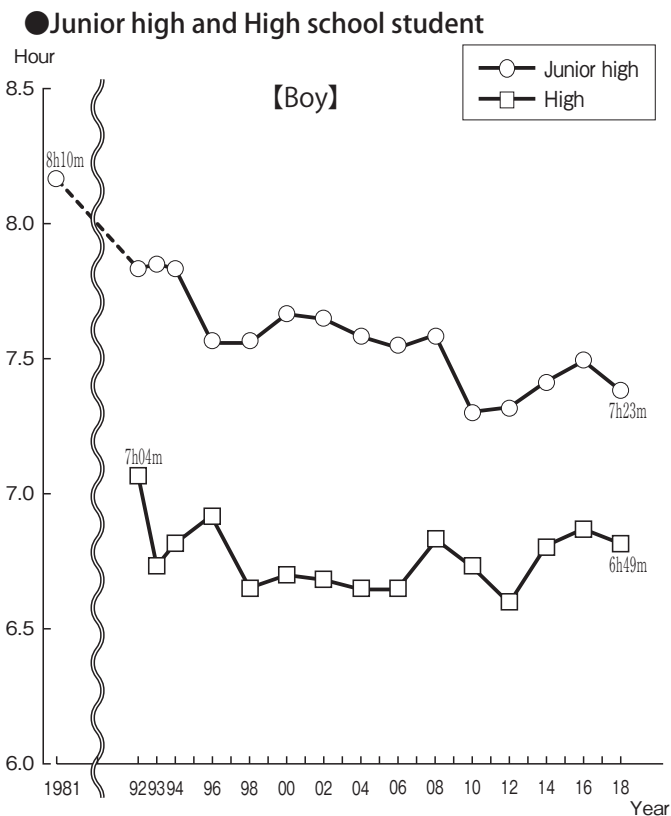
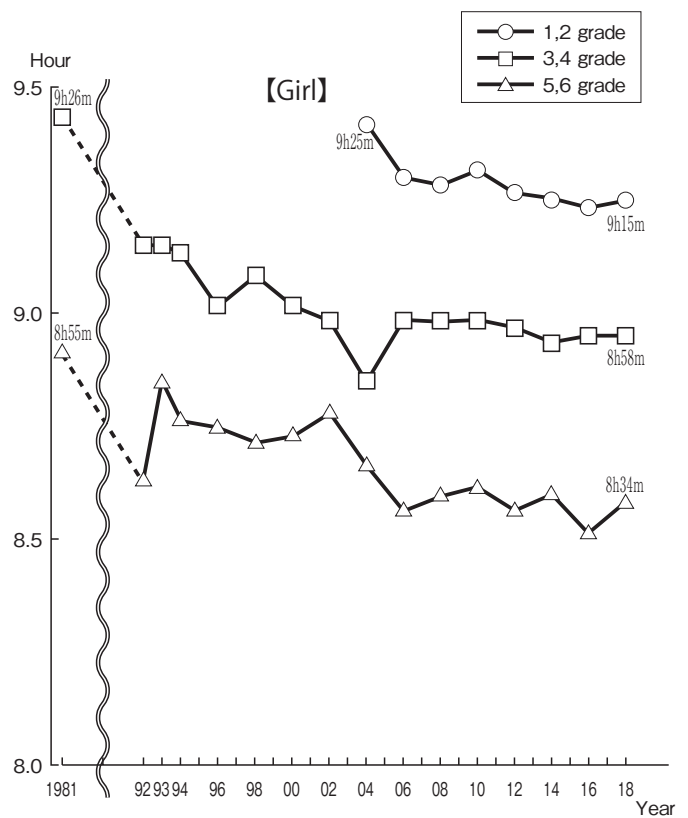
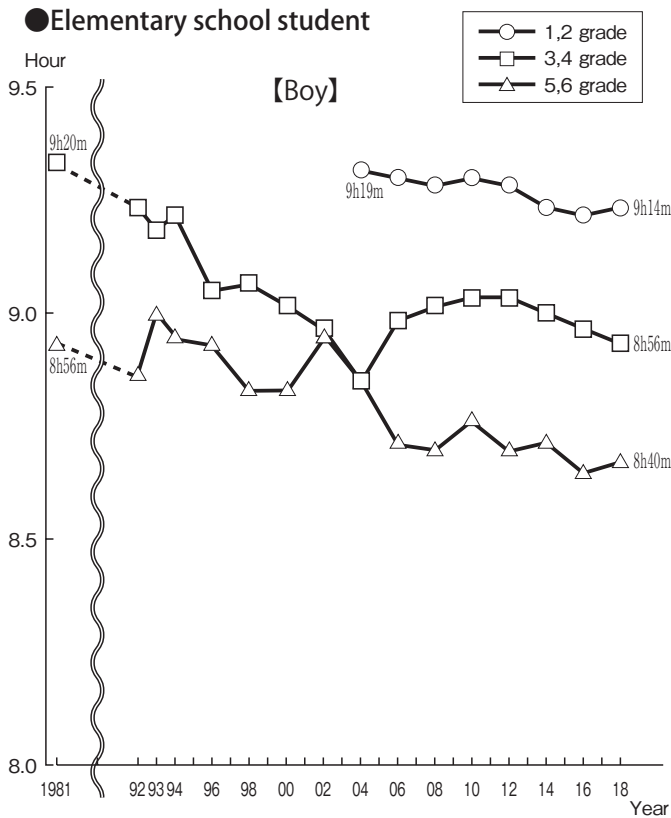
Compared to the beginning of this survey, wake-ups times gradually occurred earlier among students in all grades. In elementary school, there were no differences between the genders, but in junior high and high school, girls tended to wake up earlier than boys.



▲1-2 : Trends in bedtimes

(from the enterprise report on health status surveillance among children by the Japan Society of School Health)

Students' bedtimes tend to become more delayed as they age. Over the last few years, the bedtimes of students in all grades have remained constant or begun at slightly earlier times of the day; however, students' bedtimes began later than those reported in the 1981 survey.



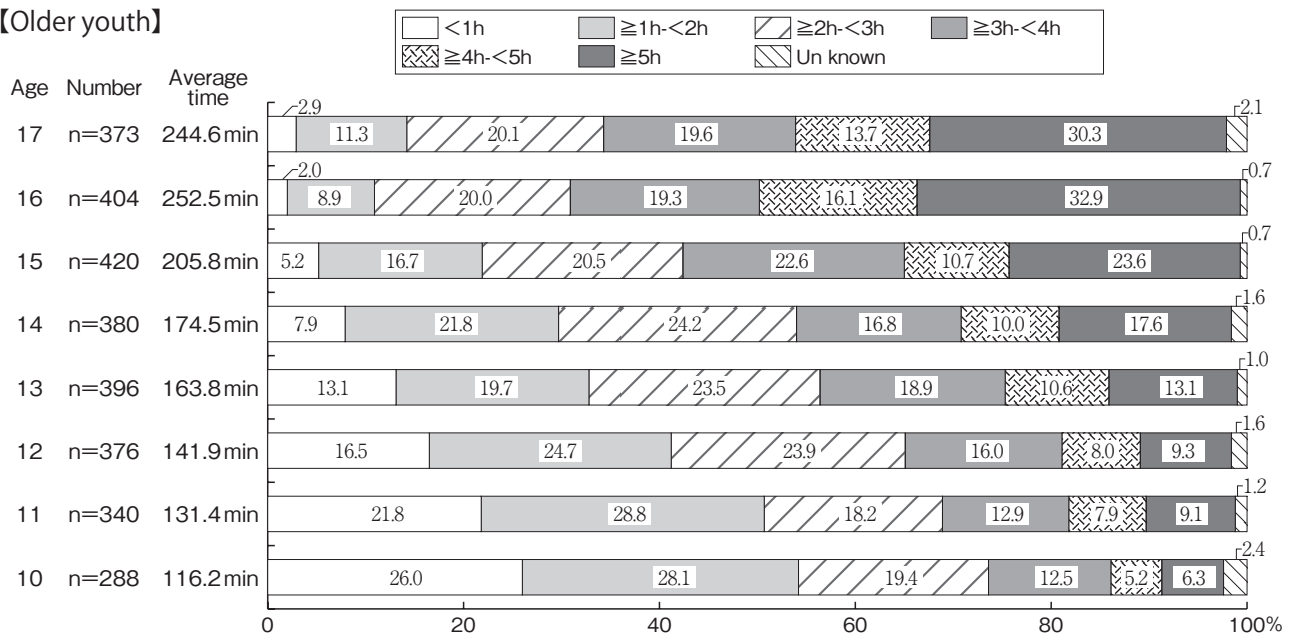
▲1-3 : Trends in sleep duration

(from the enterprise report on health status surveillance among children by the Japan Society of School Health)

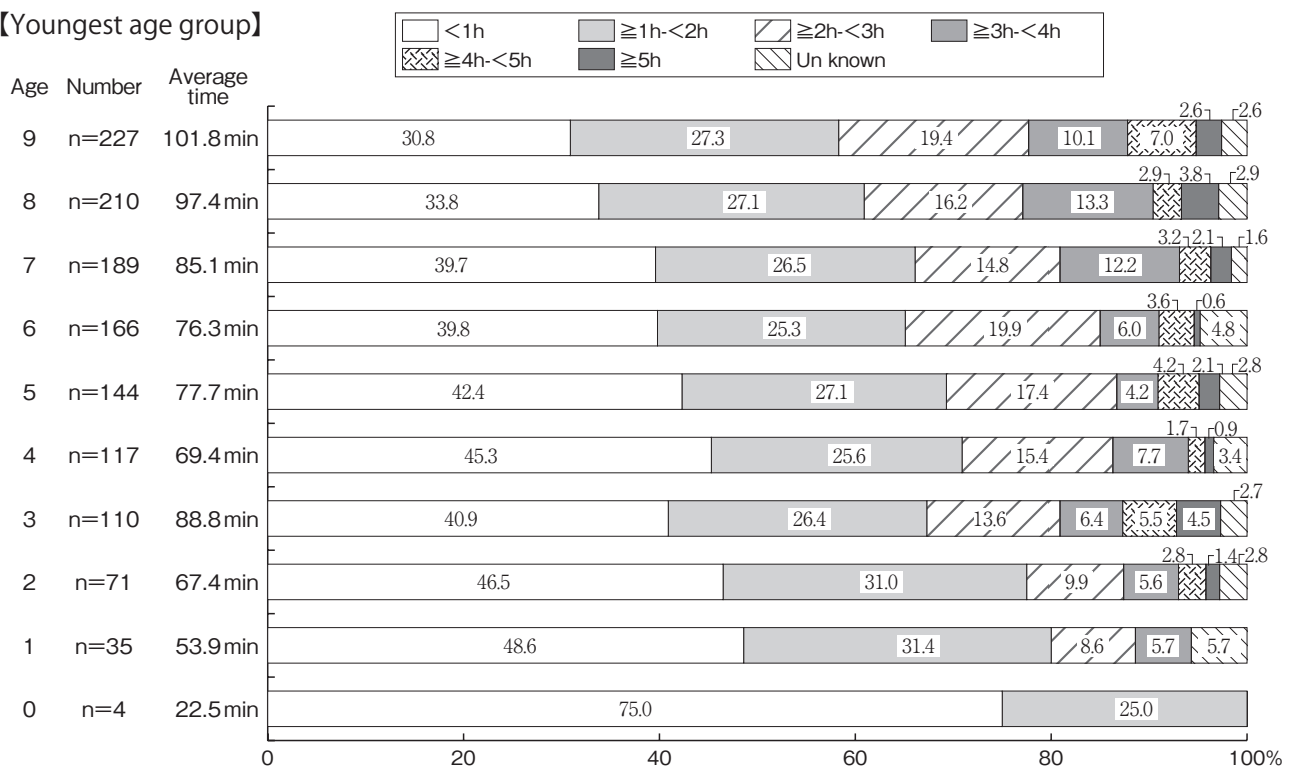
Sleep duration decreases as students age. Compared to the results of the 1981 survey, the number of hours spent sleeping decreased (3rd and 4th grade: 24 minutes for boys and 28 minutes for girls, 5th and 6th grade: 16 minutes for boys and 21 minutes for girls, junior high school: 47 minutes for boys and 44 minutes for girls). Among those in the 5th/6th grades and junior high school, the sleep duration of girls was shorter than that of boys. In addition, compared to the recommended sleep duration for each group established in 2015 by expert panels working with the National Sleep Foundation in the United States, the sleep duration of students in all grades was too short.

2 Electronic media

[Older youth]



[Youngest age group]



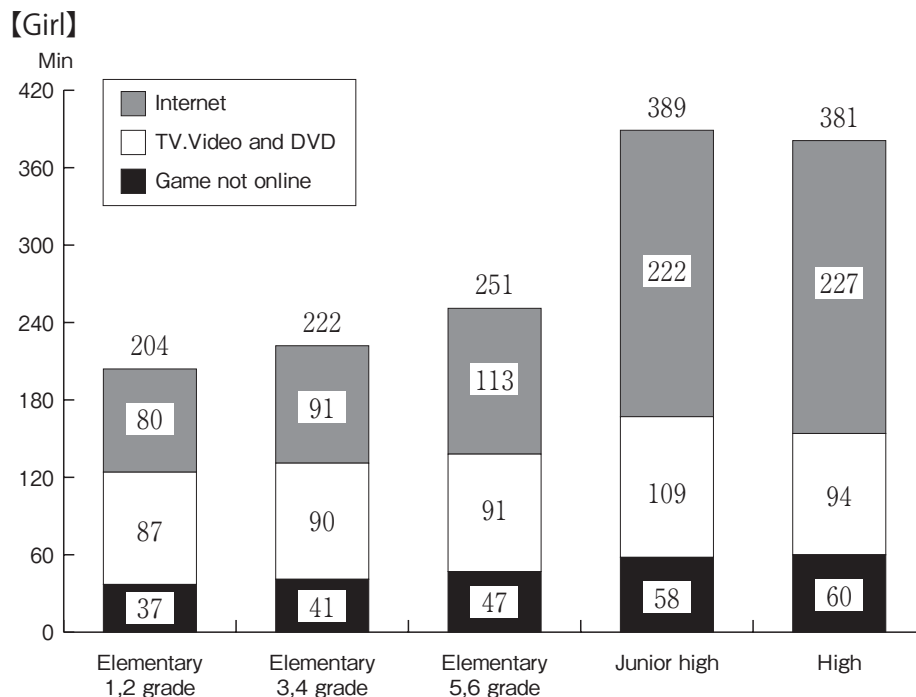
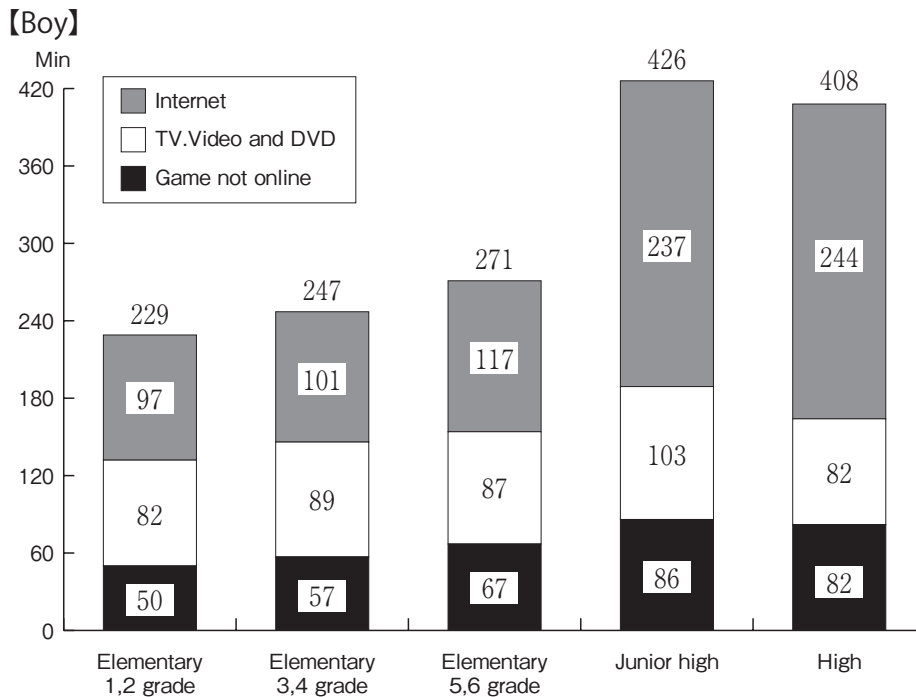
▲2-1 : Length of Internet use by age

(from the "Report on the Actual Condition of the Internet Use Environment of Youth" by the Cabinet Office)
https://www8.cao.go.jp/youth/youth-harm/chousa/net-jittai_list.html

Note: The survey for the youngest age group (0 to 9 years old) was conducted with the children's parents. The survey for older youths (10 to 17 years old) was conducted with the children. Therefore, it is impossible to compare the results directly. For those who answered, "I use the Internet," the amount of time spent on the Internet on weekdays (excluding weekends) was surveyed.

Note: The responses to "use the Internet on one of the 15 devices" given by the parents of young children and adolescents were tabulated.

The amount of time children spend on the Internet increases as they become older. In the youngest age group, which consisted of children up to 9 years old, more than half spent under 2 hours online, but, among youths between 10 and 17 years old, the amount of time spent online became longer, and the proportion of children using the Internet 5 hours or more increased rapidly.



▲2-2 : Average amount of screen time by age

(from the enterprise report on health status surveillance among children by the Japan Society of School Health)

Note: The total amount of time spent gaming, surfing the Internet, and watching TV was defined as “screen time.”

About 10% of children in the 1st to 4th grades have used an SNS, but the ratio increases as they become older (5th and 6th grades: 20%, junior high school students: 50%, high school students: 90%). As for their reasons for Internet use, the percentage who responded affirmatively to “have played online games” was high in all grades. For junior high and high school students, the percentages responding affirmatively to “I have posted images and videos,” “I have expressed my own opinions and things around personal belongs,” “I have met people online,” and “I have paid for these services” were also high, especially among girls. The average amount of screen time was around 3-4 hours for elementary school students and 6-7 hours for junior high school students. Compared to the results of the previous survey, the amount of “time spent watching TV, videos, and DVDs” appeared to be on a downward trajectory, but the amount of “time spent on the Internet” increased among students in all grades, especially among boys in junior high school, whose reported screen time was 25 minutes longer than it was the previous survey.